

Meadowbrook

C O M M U N I T Y C O M P L E X



~ **FALL 2003** ~

Swimming Pool
10515 35th Ave. NE
(206) 684-4989

Community Center
10517 35th Ave. NE
(206) 684-7522

Teen Annex
10750 30th Ave. NE
(206) 684-7523

www.cityofseattle.net/parks

Meadowbrook

COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125
(206) 684-7523

Hours of Operation

Monday, Wednesday, Friday 1:00 pm – 9:00 pm
Tuesday, Thursday 10:00 am – 9:00 pm
Saturday 10:00 am – 5:00 pm

Teen Program Hours

Monday – Friday 2:30 pm – 6:30 pm
Drop-in hours 6:30 – 9:00 pm

Late Night Program Hours (Program held in the annex)

Friday – Saturday 8:00 pm – 12:00 am

Registration Begins

August 25, 2003

Program Dates: September 1 – December 31

Holiday Closures:

September 1 Labor Day
Maintenance Closure September 1 – September 6
November 11 Veterans' Day
November 27 & 28 Thanksgiving
December 25 Christmas

Professional Staff

Ken Bounds Superintendent
Christopher Williams Division Director
Maureen O'Neil NE Manager
Lee Bicknell Center Coordinator
Pam Van De Weghe Asst. Coordinator
Shannon Anderson Teen Leader
Willie Mae Malbrough Maintenance
Kris Mainz Childcare Director

And a bunch of other terrific people!



*This issue designed and printed
at Snohomish Publishing Co.*

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*Enjoy the holidays by joining in
our special holiday events!*

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2003 BUDGET: WHAT IT MEANS FOR YOUR COMMUNITY CENTER

The City of Seattle anticipates bringing in \$63 million less in revenues in 2003 than in 2002. This has resulted in almost \$5 million of budget cuts in Seattle Parks and Recreation. One reduction in the 2003 budget the City Council adopted on November 18 will mean your community center will be open fewer hours per week.

Beginning January 2, 2003, basic operating hours for the center will be 1 p.m. to 9 p.m.. Each center will also be open an additional six hours (to be determined) on weekday mornings, and will continue to be open 10 a.m. to 5 p.m. on Saturdays in the fall, winter and spring. The center is available beyond these hours on a pre-arranged fee basis.

BASIC INFORMATION

Fees and Charges

The Meadowbrook Advisory Council provides the programs listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. A recreation participation fee of 1.6% will be included in all fees listed for youth, adult and senior classes. Fees are also paid to the Department for each adult athletic game, youth practice, and youth game to offset the overall operational expenses. Some fees include business and occupation taxes in accordance with the State Tax Code.

Refund Policy

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series (or one business day before a one-day class), the prorated class fee plus a service charge of \$5.00 or 10%, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

Advisory Council

The Meadowbrook Advisory Council is looking for new members. Meeting are held one evening each month to discuss program development, policies and financial issues. Citizen participation is vital to the continued success of our programs.

Meetings are 7 – 8:30 pm on the second Thursday of the month.

Anti-Discrimination

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (Seattle Municipal Code 18.12.280)

ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call 386-1921 or TDD only 233-7061. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Customer Service Office

For information about other Seattle Parks and Recreation facilities, picnic shelters and recreational programs, please call customer service at 684-8021.

Facility Rentals

The Meadowbrook Recreation Complex is available to be rented for weddings, parties, and meetings. If you are interested in rental information, please call 206-684-7522.

Easy Reference Phone Numbers

Parks and Recreation Info Line	(206) 684-4075
Ballard Community Center	(206) 684-4093
Bitter Lake Community Center	(206) 684-7524
Green Lake Recreation Complex	(206) 684-0780
Laurelhurst Community Center	(206) 684-7529
Loyal Heights Community Center	(206) 684-4052
Ravenna-Eckstein	
Community Center	(206) 684-7534
Ballard Swimming Pool	(206) 684-4094
Evans Swimming Pool	(206) 684-4961
Helene Madison Swimming Pool	(206) 684-4979
Green Lake Small Craft Center	(206) 684-4074
Summit	(206) 252-4500
John Rogers	(206) 252-4320
Meadowbrook Community Council	(206) 363-2206
S.P.I.C.E.	(206) 366-7819
Nathan Hale High School	(206) 366-7800

Volunteer Opportunities

Meadowbrook has many volunteer opportunities for the community. All you need to do is call the center and tell us what you are interested in doing. We will have you come in and meet the staff and arrange days and times as well as fill out the appropriate paperwork. It takes approximately two weeks to process paperwork, so please plan accordingly.

Coach a youth Sport

We offer several different sports for youth during Fall and Winter. We have Girls Volleyball, Flag Football and Basketball. Coaches, please call us as soon as possible to find out the dates and times of the coaches meetings.

Help out at a Special Event

We can always use an extra hand at our special events! You could help put candles around the pond, run a game at the carnival, or stand behind a door for Trick or Treaters. Peruse our brochure, see something that interests you, then give us a call and we will happily sign you up as a volunteer.

Join our Advisory Council

The Meadowbrook Advisory Council is always looking for new members. You can help by participating on special committees or coming up with new ideas for fundraisers and community events. Call the center to find out when the next meeting will be held.

Teach a class or organize a Special Event

We are always looking for new class and special event ideas. If you have a special interest that you would like to teach, please contact us.

PRESCHOOL PROGRAMS

Meadowbrook Preschool

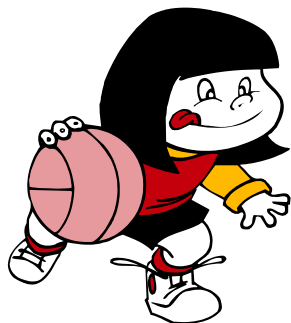
Frogs 3 ½ - 5 yr. olds
M/W/F 9:00 – noon or 1:00 pm – 4:00 pm
Sept./Dec. \$130; Oct./Nov. \$160
 Min. 8/Max 10

Tadpoles 2 ½ – 3 ½ yr. Olds
T/Th 10 – noon
Sept./Dec. \$80; Oct./Nov. \$90

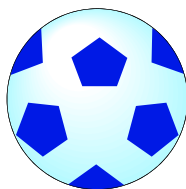
Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate his/her needs. Your child will experience nature, art, science, outdoor play, story time, music and drama. Instructor: Angelica Gomez/ERICA Everts. There is a \$30 non-refundable deposit for Fall Quarter. Registration for Fall begins April 29. Min. 8/Max 10



Sports Extravaganza



Let our fabulous instructor, Ivy Morgan, teach your child the basics of the sport. Children will have the opportunity to practice their skills through simple drills and creative games. The emphasis of the class is having fun and learning to work with others.



The date and time of this class is to be announced starting September 8. The instructor Ivy Morgan is waiting for her college class schedule. This promises to be a great program with a fabulous and reliable instructor. We will be offering soccer, T-ball and basketball for children ages 3-5.

Little Tykes Play Gym

Parents and children ages 2-5 years
\$8 unlimited card for the quarter
M/W 10:30 am – 12:30 pm

We have purchased more toys to make our gym time even better! The gym is reserved for all the littler people and their folks during this time. Balls, mats, a hippity hop and waffle balls are available. Bring your own clean riding toy. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!



Creative Dance

Creative Dance I
3 yr. Olds \$81
Wednesday 12:00 – pm
Sept. 17 – Dec. 10
4 yr. Olds \$81
Wednesday 12:45 – 1:30 pm
Sept. 17 – Dec. 10

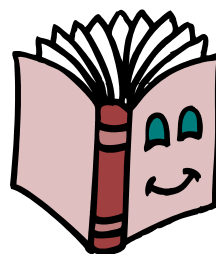


The joy of dance is primary in this course. Through fantasy and games, the children will learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching just to name a few. Children will be encouraged to work as a team and make individual choices in their expressive movement. Wear comfortable close fitting clothes and gym or ballet slippers or no slip socks. Parents and friends are invited to join us for a demonstration/ performance on the last day of class. Instructor: Chloe Davenport. Min 5/Max 9

The Magical World of Make Believe

Ages 3 – 5 \$35
Tuesdays 1:30 – 2:30
Session 1 10/7 – 10/28
Session 2 11/4 – 12/2
No Class 11/11

Make fairies, have a tea party, dance the day away. Each day there will be a new theme to help your child to explore their imagination. Your child will come home with a new treasure each week whether it is a fairy, a magic wand, or a new piece of art work. Instructor: Erica Everts. Min 6 / Max 10



Laura the Librarian

Sept. 17, Oct. 15, Nov. 19, Dec. 17
11:00 am – 11:30 am
Free

Everyone's favorite librarian will be here to tell stories and give a puppet show. Please call to register at 684-7522

Playroom

M/W 9:30 – 10:30 am
T/Th 10:00 am – 12:00 noon
\$15 unlimited card for the quarter

The Meadowbrook Community Center has added a new playroom. There are toys, books, puzzles and much more. **Parental Supervision is required at all times!** Parents: Please be responsible for cleaning up after your children!



PRESCHOOL PROGRAMS

Mother M.O.O.S.E

Ages 3 – 5

Our childcare director Kris Mainz will be offering three fun-filled mornings to let your children's imagination run wild.

Mother M.O.O.S.E meets the Farmer in the Dell

October 17

\$12

10:00 am – 12:00 pm

Bring your favorite stuff animal and we will make creative pet clothing and accessories. We will also read stories and sing songs about various animals that might live on a farm



Mother M.O.O.S.E goes on a Space Odyssey

November 21

\$12

10:00 am – 12:00 pm

Climb aboard the rocket ship! Mother M.O.O.S.E will take you on an exploration of the last frontier, outer space. We will create our own friendly alien life forms and make up stories of the new planets that we find.

Join in
the fun!



Mother M.O.O.S.E meets Frosty the Snowman

December 19

\$12

10:00 am – 12:00 pm

With winter right around the corner, it is time to explore a winter wonderland. We will make snowflakes and snow people. We will even do a special rendition of a Frosty the Snowman skit.

CHILDCARE/CLASSES

Meadowbrook Out-Of-School Experience (MOOSE)

5 - 12 yr. Olds

Monday – Friday

Fun, creative, and safe! This before and after school program is filled with activities. Instead of staying home, come join us for games, arts and crafts and indoor and outdoor sports.

The Seattle Parks Department in conjunction with community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The fee includes all early dismissal and teacher in-service days, week long camps will be an additional fee. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable. If you have a child under the age of 8 years, you will need to provide the community center with a booster seat to transport your child.



AM Care

7 – 9 am

PM Care

3 – 6 pm

5 days/week

\$175

\$230

4 days/week

\$172

\$220

3 days/week

\$129

\$165

2 days/week

\$86

\$110

1 day/week

\$43

\$55

Holiday Camp

Meadowbrook is offering a great camp for kids (grades 1 -6).

The Week is packed with fun and exciting activities. A completed medical authorization/permission form must be on file at the complex.

Monday – Friday (no camp 12/25) \$110

Monday – Friday (no camp 1/1) \$110

Registration begins November 20



YOUTH ARTS

Kid's in the Kitchen

Ages 6 – 10 **\$40**
Tuesday **4:00 pm – 5:30 pm**
Session 1 **10/7 – 10/28**
Session 2 **11/4 – 12/2**
No class 11/11

Does your child like to experiment in the kitchen? Let our instructor help him or her to create special treats, which they can easily make at home. The best part is, you don't have to clean up (at least not until they want to try it at home)! Instructor Eric Everts. Min 6/ Max 10

"Create amazing fiction out of your everyday life!"

Ages 8 – 11 **\$50**
Wednesdays 5:00 pm – 6:00 pm **Sept. 24 – Oct. 29**

Sure cleaning your room can be boring but who says fiction about cleaning your room has to be boring too? What adventure could be hiding with the dust bunnies under your bed or in your head? We will be writing with all five of our senses in a fun, interactive environment that will take us to places far beyond a writer's desk. Who knew that a game of "kick-the-can" could lead to an epic historical novel or a moving sonnet? Students will turn the ordinary upside down to create original works of fiction, while becoming familiar with the genres of fiction and literary terms. Instructor: Jessica Reuling. Min 6 / Max 12

YOUTH DANCE & MUSIC

Stringed Instruments Private lessons

Day and time to be arranged with instructor
8 thirty minute classes per session
\$115/youth; \$123/adult

Meadowbrook staff member Wes Weddell, a performing musician in his 'spare time', will offer private instrument lessons for guitar (most styles), bass, mandolin, banjo, and other stringed instruments (make an offer...). Students should have their own instruments. Contact Wes or the front desk for suggestions or to arrange lessons.

Flute Lessons

Monday **3:30 pm – 7:00 pm**
8 thirty minute classes per session
\$115/youth; \$123/adult

Private flute lessons for ages 5 and up. These lessons help explain the music principals of playing the flute. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Whether you are in a band or symphony or just want to enjoy playing the flute, these lessons can enrich your musical experience. Scales and songs will be taught. 8 classes per session.

Instructor: Carol Crowell



Piano Lessons

Tuesday or Friday **3:30 – 7:00 pm**
\$115/youth; \$123/adult



Private piano lessons for ages 5 and up. These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. Eight classes per session. Instructor: Jeff Pettijohn

Chloe's School of Dance

Pre-Modern Dance

Ages 5 – 6 **\$81**
Monday **4:30 pm – 5:15 pm**
Sept. 15 – Dec. 8

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a demonstration/performance on the last day of class.

Instructor: Chloe Davenport

Modern Dance I

Ages 7 – 11 **\$94**
Tuesday **5:15 pm – 6:15 pm**
Sept. 15 – Dec. 8

Do you love creative movement? Then you will love this Modern Dance class too! We will train our bodies to be long and strong while exploring space, force, and rhythm in movement. This class will also feature a wide variety of music. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a demonstration/performance on the last day of class.

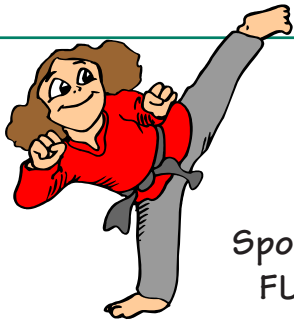
Instructor: Chloe Davenport

Square Dancing

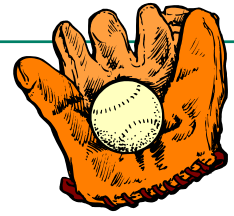
Ages 8 – 80 **\$50 Adults; \$25 Children with parent**
Tuesday **7:00 – 9:00pm**
Sept. 16, 23, 30, Oct. 7, 21, 28, Nov. 4, 18, 25, Dec 2

Have you been wondering what you could do to have fun with your family? Learn the basics to modern square dance and exercise your brain and your body. No experience is necessary. Partners recommended, but not required. Casual dress.

Dave Knien teacher/caller.



YOUTH SPORTS



Learn Teamwork,
Sportsmanship and HAVE
FUN at the Same Time!

Introductory Karate

Ages 7 & up
Mon/Wed

\$22/youth/\$34 adult
6:30 – 7:30

October 1 – October 27
October 29 – November 24
August 27 – September 29
No class September 1 & 3

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm. All sessions offer an optional “challenge only” class held on Fridays from 7:00 – 9:00 pm. Instructor Nihad Khalef

Indoor Nerf Soccer

Ages 5 – 6
Registration begins August 25
Practices begin September 8

Nerf soccer is a modified soccer game played in the gym. This recreational and instructional program for boys and girls emphasizes fundamental soccer skills. Games will be held on Fridays at Meadowbrook or Laurelhurst. Fee includes a team T-Shirt.

VOLUNTEER COACHES NEEDED!



Youth Basketball

Ages 8 – 17
Practice and games to be announced
Registration begins October 11

Join in the fun and excitement of this popular team sport. Teams are formed for boys and girls ages 8 through 17. Please make sure that you register early, as age groups fill up quickly. Practices begin around mid-November. Games begin in January and end in March.

Volunteer coaches are needed.

Preliminary Coaches meeting October 2 at 7:30 pm
Participant meeting November 12 at 7:30 pm

Short Shots Basketball

Ages 6 -7
Practice times to be announced
Registration begins November 15

Get your child started in learning the fundamentals of basketball. This class is designed to be non-competitive and teach a “team” concept. This class meets once a week and ends with a Jamboree. Class runs January to March.

Volunteer Coaches are needed
Jamboree is March 26

Flag Football

Ages 6 – 17
Practice and game times to be announced
Registration August 19

Teams are formed with children of the same age group. Practices are scheduled to begin in the month of September. This is a no tackle sport.

Volunteer Coaches are needed

Girls Volleyball

Ages 10 – 17
Practice and Game times to be announced
Registration begins August 19

Passing, setting, hitting and serving are the skills you will learn in this challenging and exciting sport. Practices are scheduled in September.

Volunteer Coaches are needed.

Coach's clinic Sept. 10 at 6:30 at 100 Dexter Ave N.

Youth Tennis

Ages 6 – 17
M/W
3:30 pm – 4:15 pm
4:15 pm – 5:00 pm
5:00 pm – 5:45 pm
September 8 – October 1
10 & under beginner
Intermediate
10 & over beginner

Scott Daniel will be returning this year as the Meadowbrook tennis instructor. Scott has received his UPTA certification as a Pro Instructor. He has been playing tennis for the last 25 years and is competitive in the Pacific Northwest. Min 5/Max 10.

Tone U

Ages 7 - 13
Monday
Sept 8 – October 13
5:00 pm – 6:00 pm

Join this six week behavior modification/movement program designed to improve the health of anyone, who is overweight, developing insulin resistance or is now a diabetic. Each hour session will include an half hour of behavior modification and an half hour of movement exploration. Individual programs are personalized. They fit each particular person and each family. The best kind of exercise is the kind that you or your child want to do. Min 6/Max 10

Swim, Snack and Cinema

Ages 6 - 10
The second and fourth Saturday of the Month
1:30 – 4:30

Have errands that you need to run? Does your child want to get out of the house for the afternoon? We have the perfect solution for you; Meadowbrook staff will supervise your child as they go swimming and then come down to the center for a snack and a movie. Min 6/Max 10. **Please register by the Thursday preceding the Saturday that you wish to attend.**

TEEN PROGRAMS

Ages 12-18

Monday – Friday 2:30 – 9:00 pm

Meadowbrook Annex (Located next to Nathan Hale)
10750 30th NE • 206-684-7523

For many, many years the City of Seattle youth workers and families have requested more services for teens. Now, thanks to your support we have twenty seven Teen Development Leaders. Our goals are to provide teens across the city with quality teen programs, choices and opportunities.

As leaders we have established six core program areas that each community center Teen Program is focused on enhancing.

- *Environmental Education and Stewardship*
- *Arts and Cultures*
- *Life Skills and Job Readiness*
- *Social Recreation*
- *Citizenship and Leadership Development*
- *Sports and Fitness*

Back to School Bonfire

Friday September 12, 7:00 pm – 12:00 midnight
Transportation is provided. Permission slips must be on file.

2003-04 Back to School Boat Cruise \$10.00
September 19 Ages 13-19

Music, food, and entertainment is provided. Transportation is provided, but space is limited. Permission slips must be on file.

Capoeira Angola

Cost \$20.00

Starting Tuesday September 16th - Tuesday November 18th 3:30pm - 5:00pm

Capoeira Angola is an African-Brazilian art form- fluid, rhythmic art, a ritual dance of deceptive vulnerability, wit and grace. Capoeira was used by enslaved Africans to Brazil to combat the colonial oppression of Portuguese rulers. Like many African based traditions, it is orally transmitted from master to students.

Life Skills with Jr. Achievements

Free

These workshops will be lead by a Jr. Achievement volunteer and will focused around Enterprise in Action involving the U.S. marketing system, Job Shadowing Programs and JA B.A.S.E(Building Achievement through Sports and Entertainment)

Bruce Lee Collectors Exhibit

Cost \$5.00

Friday October 17 from 4pm-5pm

Community Service Opportunities

- End of Summer Bash August 22nd – 4 possible hours
- Burke Gilman Trail Project Saturday September 13th – 4 possible hours
- Haunted House Design Committee October 31, 7:00 - 9:00 pm – 10+ possible hours
- Meadowbrook Teen Council – 20+ possible hours
- Teen Dance Committee – 10+ possible hours
- Argosy Christmas Ship Dec. 20, 4:30 – 6:30 pm
- Teen Center Renovation Committee

Environmental Stewardship Opportunities

Meadowbrook Teen Programs will be offering environmental opportunities for school credit as well as for teens just interested in preservation of their planet.

Other available activities

- ◇ TEEN SWIMMING FIELDTRIPS @ MEADOWBROOK POOL
- ◇ THREE ON THREE YOUTH BASKETBALL TOURNAMENTS
- ◇ FALL BACK TO SCHOOL DANCES
- ◇ POOL TOURNAMENTS
- ◇ PING PONG TOURNAMENTS
- ◇ OPEN GYM
- ◇ HOME WORK HOUR



Late Night Recreation

Friday/Saturday • 8:00 PM - 12:00 AM • Free

The goal of the Late Night Program is to provide positive alternatives to alcohol, drugs, gangs and other unsuitable activities. This goal is accomplished by providing fun inter-cultural activities such as inner city outings, ethnic dances and arts and crafts. Athletic events and activities and a variety of other valuable educational opportunities are also featured. The Late Night program is open to anyone interested in making a positive change in themselves and in their community. Experience a typical Late Night weekend at the Meadowbrook Recreational Complex Annex. Just bring your imagination, your smile and friends and enjoy the unique, ever – changing blend of fun! Ages 13-19 years.

ADULT CLASSES



Intro To Personal Fitness

\$10

Required for Fitness Room

Wednesday	August 20	11:30 am
Monday	September 8	7:30 pm
Thursday	September 25	7:30 pm
Wednesday	October 1	11:30 am
Monday	October 6	7:30 pm
Monday	October 27	7:30 pm
Monday	November 3	11:30 am
Wednesday	November 5	7:30 pm
Monday	November 24	7:30 pm
Wednesday	December 10	11:30 am
Monday	December 15	7:30 pm

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates or times work for you, please ask the front desk to schedule you a private or semi-private class (\$35 private). Instructor: Kathy Batson

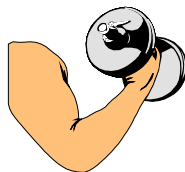
Meadowbrook Fitness Room

Weight Room Hours:

Mon/Wed/Fri*

Tuesday/Thursday

Saturday



9:15 am – 8:45 pm
10:00 am – 8:45 pm
10:00 am – 5:00 pm

Fitness Room Pass:

Month pass

\$15

10 punch (good for 3 months)

\$15

Fitness Room Drop-In Fee:

\$2

Make Meadowbrook Recreation Complex your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room and its state of the art equipment. Passes are valid from the date of purchase and are non-transferable and non-refundable.

Participants must complete the "introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.

*Must have a card to enter before 1:00 pm on M/W/F.

Open Gym

Mon/Wed

Volleyball

6:30 – 8:45 pm

Tues. (call first)

Basketball

6:30 – 8:45 pm (varies)

Mon/Wed

Basketball

1:00 – 2:30 pm

Introductory Karate

Mon/Wed

6:30 – 7:30 pm

October 1 – October 27

October 29 – November 24

August 27 – September 29

No class September 1 & 3



Ages 7 & up

\$22/youth

\$34/adult

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm. All sessions offer an optional "challenge only" class held on Fridays from 7:00 – 9:00 pm. Instructor Nihad Khalef

Pilates

Monday/Thursday

6:00 pm – 7:00 pm; 7:00 pm – 8:00 pm

(Advanced does not start until Session 2)

\$48 a session

\$28 one day a week for session

\$64 for an 8 punch card (expires 12/31/03)

\$30 for a 4 punch card (expires 12/31/03)

\$8 for a drop-in

Session 1: Sept. 8 – Oct. 2

Session 2: Oct. 6 – Oct. 30

Session 3: Nov. 3 – Dec. 1 (no class 11/27)

Session 4: Dec. 4 – Jan. 5 (no class 12/25 or 1/1)

Pilates is a unique form of exercise that promotes strength, flexibility and mental focus for people of all ages. Unlike other forms of exercise that require many repetitions and the use of various exercise apparatus, the Pilates mat is comprised of fewer movements that require proper control and form while offering optimal results. It's an energizing workout that will change the way you look and feel. The best thing about Pilates is it is a personalized workout that benefits everyone.

Yoga for Everyone

Tuesday or Thursday

6:30 pm – 7:30 pm

Session 1: Sept. 8 – Oct. 2

Session 2: Sept. 11 – Oct. 16

Session 3: Oct. 21 – Dec. 2 (no class 11/11)

Session 4: Oct. 23 – Dec. 4 (no class 11/27)

Session 5: Dec. 9 – Dec. 30* (no class 12/25)

* Note Session 5 is a Tuesday and Thursday session



\$30/Adult

\$24/Sr

Our Hatha Yoga instructor has studied yoga for 10 years. This class includes stretching, meditation, and toning of the body. Wear loose, comfortable clothing. Instructor George Hoder

Prenatal Yoga

\$65

Tuesday

9:30 am

Session 1: Sept. 9 – Oct. 14

Session 2: Oct. 21 – Dec. 2 (no class 11/11)

Prenatal-Women only. Anyone expecting a baby can be in 1st-3rd trimester. Mother's to be, take time for yourself. Help relieve physical pains, emotional stress and mental chatter through yoga. Prepare for labor, birth and motherhood through physical postures, breathing techniques, and meditation. Please bring 1-2 blankets, mats. Min 6 / Max 12

Postnatal Yoga

\$65

Tuesday

10:45 am – 12:15 pm

Session 1: Sept. 9 – Oct. 14

Session 2: Oct. 21 – Dec. 2 (no class 11/11)

A class for postnatal moms and babies (no age too young or too old for child). Moms and babies come together to do yoga. Postnatal poses to strengthen, restore and revitalize your body. Take time to find the power and relaxation your body needs. Babies get to socialize, Moms get to exercise. Both of you have a good time. Please bring 1-2 blankets and mat, toys, carrier, blankets, etc. for baby. Min 6 / Max 12



ADULT CLASSES

*Reduce Stress
and Get In
Shape!*

Jazzercise

Adult/Senior	9:15 – 10:15 am
Classes Ongoing Mon/Wed/Fri	
Unlimited month	\$47.50/\$32.50
15 punch	\$62.50/\$47.50
5 Punch	\$22.50/\$17.50

This dance fitness class is designed to accommodate all fitness levels. Exercise to the latest music and great oldies...there is something for everyone! Bring your own mat for floor work: hand/leg weights are optional. Class uses a punch card. Instructor: Madelaine Jensen

NIA Movement

(Neuromuscular Integrative Action)

Tuesday and Thursday 6-7 pm

\$48 a session

\$28 one day a week for session

\$64 for an 8 punch card (expires 12/31/03)

\$30 for a 4 punch card (expires 12/31/03)

\$8 for a drop-in

Session 1: Sept. 9 – Oct. 2

Session 2: Oct. 7 – Oct. 30

Session 3: Nov. 4 – Dec. 4 (no class 11/11 or 11/27)

Session 4: Dec. 9 – Jan 8 (no class 12/25 or 1/1)

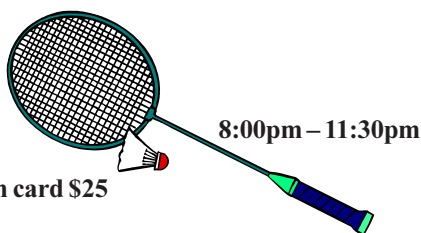
NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. The movements learned enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more. Instructor: Erin Storey

Badminton

Fri/Saturday

Meadowbrook Annex

Drop-in \$3.00; 10 punch card \$25



8:00pm – 11:30pm

Table Tennis

Saturday

Meadowbrook Annex

4:00 – 7:00 pm

Join the Mountlake Table Tennis for an afternoon of fun. Several tables will be set up but please bring your own paddles and balls.

Adult Tennis Lessons

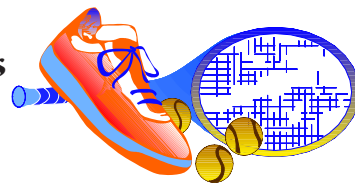
\$45 Senior/\$53adult

September 8 – October 1

Monday/Wednesday

Beginners 6:00 – 6:45; Intermediate 6:45 – 7:30

Scott Daniel will be returning to teach our Spring and Summer lessons. He has been playing tennis for the last 25 years and is competitive in the Pacific Northwest. He was a doubles semi-finalist in High School.



Square Dancing

Ages 8 – 80

Tuesday

7:00 – 9:00pm

\$50 Adults/\$25 Children with parent

Dates: Sept. 16, 23, 30,

Oct. 7, 21, 28,

Nov. 4, 18, 25. Dec 2

Have you been wondering what you could do to have fun with your family? Learn the basics to modern square dance and exercise your brain and your body. No experience is necessary. Partners recommended, but not required. Casual dress. Dave Knien teacher/caller



Tone U

Monday 6:00 – 7:00pm

\$40.00

Sept 8 – October 13

Ages 18 and older

Join this six week behavior modification/movement program designed to improve the health of anyone, who is overweight, developing insulin resistance or is now a diabetic. Each hour session will include an half hour of behavior modification and an half hour of movement exploration. Individual programs are personalized. They fit each particular person and each family. The best kind of exercise is the kind that you or your family want to do.

Min 6/ Max 10

Alternatives To Toxins –

Free Green Home Class

FREE

Wednesday, October 15, 6:30 pm – 8:00 pm

Saturday, October 18, 11:00 am – 12:30 pm,

Saturday, October 18, 2:00 pm – 3:30 pm

Did you know the average home may contain as many as 60 household hazardous chemicals? Discover which four words currently listed on products can help you shop for less hazardous cleaning and lawn care products. Attend this class and learn which products may be most hazardous to your health and our environment. Information about safer alternatives will also be shared. Attend this class and discover how to receive your own Free Green Home Kit. Walk away with tools to help you transition to a “Green Home.” Pre-registration required. Instructor is “Green” Jeanne Johnson. This class is funded by a grant from Local Hazardous Waste Management in King County.

SENIOR ADULT PROGRAMS

N.E. REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

Spring Quarter Dates: Oct. 6 - Dec. 9 (11 weeks)

No Classes: November 11

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

NE Class Registration: "All" class/workshop registrations will take place by phone, or mail, using the form in this brochure. State the site/class/date you are paying for with your check. **Please don't mail checks prior to Sept. 22.. Do NOT register for trips by mail – they're "Phone-In" only.** Also, please phone-in cooking and floral design class registrations. Class and trip dates/times are subject to change.

All Class Payments: Checks payable to: "SAAC", and mail to: Senior Adult Programs, Att: Jayla 8061 Densmore Ave. North, Seattle, WA 98103.

NOTE: "Session Fee" covers the cost of 1 day per week for the quarter

N.E. Sector Sites:

Green Lake CC 7201 E Green Lk. Dr. N
Laurelhurst CC 4554 NE 41st St.
Meadowbrook CC 10517 – 35th Ave. NE
Ravenna-Eckstein CC 6535 Ravenna "Ave". NE

FITNESS

BODY CONDITIONING \$22-1 day week

This class combines dynabands and free weights for over-all strength conditioning.

P. Cannon	Mon	10:00 am	Meadowbrook
C. Lorenz	Thurs	10:00 am	Meadowbrook

YOGA & MEDITATION \$22-1 day week

Gentle stretching to keep limber and build muscles. All skill/fitness levels. **No class Nov 4, 11.**

H. Smith	Wed	9:00 am	Meadowbrook
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PICKLEBALL Free

Enjoy this fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please pre-register by calling 206-386-9106.

Thursdays	10-11:55 am	Meadowbrook
Thursdays/ Beginning	12:05-2 pm	Meadowbrook

Cooking

Rosangela creates new and exciting dishes in these sessions. Receive recipes and have lunch. Each class fee is \$10.00. **Please pre-register by calling 386-9106.**

Wednesdays	10:30-12:30 pm	Meadowbrook
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HEARTY ITALIAN WINTER SOUPS Oct 15

Thick & hearty, soul-satisfying soups.

THE MAGIC OF MISO Oct 22

What is Miso? You'll love it! Miso, which is known as soybean paste to Westerners, has played an extremely important role in the dietary life of the Japanese for centuries. It is said the Miso came to Japan from China.

ONE DISH DINNER Oct 29

Few things could be nicer at the end of a long day than a quick healthy one-dish meal.

CARIBBEAN CUISINE Nov 12

Caribbean Cuisine is a hodgepodge of culinary influences, including African, French, Spanish, Indian & Dutch.

MOROCCAN DINNER Nov 19

Moroccan cuisine is exotic! It is extensive in it's variety and remarkable in it's taste and aroma.

TOFU Nov 26

This CAN'T be Tofu!!! Come and find out the many delicious ways to prepare Tofu.

CAKES Dec 3

Delicious and easy recipes to make from scratch. Let's have cake and tea together!

EDIBLE GIFTS & CELEBRATION IDEAS Dec 10

Are you wracking your brain for the perfect holiday gift? Edible Gifts are a great personal touch.

ARTS

OIL PAINTING I -\$60.00 (6 wks) / II \$50.00 (5 wks)

This course is designed to introduce beginners/ intermediate painters to oil painting. Previous drawing experience recommended but not required.

Session I	Oct 6-Nov 10	Session II	Nov 17-Dec 15
S. Pope	Mon	1:00-3:00 pm	Meadowbrook

WINTER PLANNING MEETING

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

Sept 29	Mon	10:00-11:00 am	Meadowbrook
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Meadowbrook Swimming Pool

10515 35th Ave NE, Seattle WA 98125
(206) 684-4989 / TDD only (206) 233-7061

Fall 2003 front desk hours

Monday through Friday
Saturday

Noon-8:30PM
7:00AM-6:00PM

Holiday Closures:

Labor Day, September 1, 2003
Veteran's Day, November 11, 2003
Thanksgiving Day, November 26, 2003
Christmas Day, December 25, 2003
Budget Closure December 24 – January 1, 2004

Professional Staff:

Janet Wilson	Coordinator
Thomas Hargrave	Asst Coord
Terry Welch	Pool Operator
Clifford Evert	Senior Guard
Jody Bartee	PPT Cashier

And a bunch of other really great people

Fees & Admission Information:

Under 1 year	FREE
Youth ages 1-18	\$2.25
Adults ages 19-64	\$3.25
Senior Adults ages 65 and better	\$2.25
Special Populations	\$2.25
Water Fitness Classes	\$3.75/\$2.50 (Sr.)
Masters Workouts	\$375/\$2.50 (Sr.)

Swim Cards:

FAST Pass	\$45.00/\$35.00 (Sr, Youth, Spec Pop)
Recreational Punch Card	\$20.00 (\$22.00 value)
Fitness Punch Card	\$30.00 (\$33.00 value)

Things to know

- Dimensions: 75ft x 44ft
- Water temperature: 85 degrees F
- Depth Range: 3 – 12ft
- 72 lengths = 1 mile
- Street shoes are not allowed on the pool deck
- Served by Metro bus route #65
- Pool lift and portable steps for our non-ambulatory patrons
- Two ADA accessible Family Changing Rooms available.
- Children 6 years and older must use the appropriate gender locker room
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass
- A child younger than 6 years old or less than 4 feet tall must have an adult with them at all times in the water.

Recreational Swimming

Adult Swim

Mon-Sat	Noon-1:30PM
Tue & Thurs (Rec Punch Card)	9:00-10:00PM

Adult/Senior Swim: Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming.

Lap Swim

Monday – Friday (EMLS)	6:00-7:30AM
Mon/Wed/Fri/Sat	5:30-6:30PM
Saturday	7:00-8:30AM

Early Morning Lap Swim: (EMLS) 3 doublewide lanes (slow, medium, and fast). No cashier on duty, a Recreation Punch Card is required. *Lap Swim:* 4 single wide lanes and 1 double wide lane for slow lap swimming.

Pool Playland

Mon/Wed/Fri	2:30 – 3:30PM
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A "gentle" public swim featuring water toys like the little slide and noodles. Especially suited for younger kids and their big people. **Program ends Nov. 14.**

Family Swim (with lap lane available)

Tues and Thurs	7:00-8:00PM
Friday	7:30-8:30PM
Saturday Morning	9:30-10:30AM
Saturday Afternoon	4:30-5:30PM

Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flotation aids and toys are allowed in the shallow end of the pool.

***Deep end closed at 8:00 on Fridays.**

Public Swim

Monday	7:30-8:30PM
Friday	4:00-5:00PM
Saturday (w/ lap lane)	1:30-3:00PM

Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult. Not all float toys allowed.

***Deep end closed at 8:00 on Mondays.**

Equipment Rentals

Towels	\$0.50
"Just-a-shower"	\$2.00
Lockers	\$0.25

*We accept MasterCard & VISA and
American Express.*

Water Fitness Classes

Deep Water Exercise for Seniors

\$3.75 Adult/\$2.50 Sr. Adult

Mon/Wed/Fri

1:30 – 2:15PM

We call this “exercise that feels good”. A deep water class using resistance/flotation equipment. Get a workout that includes a full range of motion and toning and strengthens at the same time.

High Energy Deep Water Exercise

\$3.75 Adult/\$2.50 Sr. Adult

Mon/Wed/Fri

8:00-8:45PM

Saturday

8:30-9:15AM

A deep water class using resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury. Great class with great music

Water Aerobics

\$3.75 Adult/\$2.50 Sr. Adult

Tue & Thurs

8:00-9:00PM

Exciting water routines that build strength and burn fat. From the senior adult to the pregnant mom, the water reluctant to the tri-athlete, this unique union of water and aerobics allows you to exercise at your own comfort level.

Adapted Water Exercise

\$3.75 Adult/\$2.50 Sr. Adult

Tue & Thurs

1:30 – 2:30PM

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

Masters Work Out

\$3.75 Adult/\$2.50 Sr. Adult or Youth

Mon/Wed/Fri

6:30-7:30PM

Let our experienced instructor/coach lead you through a structured workout designed to get you in shape, stay in shape, or prepare you for that important swim meet in your future. Workouts accommodate all speeds by varying lanes. Expect to swim *at least* 3,000 yards!

How to register for Fall Swimming Lessons

Open Priority Registration will be during the week of Aug 11 – 23, your child must be currently enrolled in swimming to sign up at this time.

Walk-In Registration will be held on Tues, Sept 2nd from 5:30 – 7:30PM and is done on a first come first served basis.

Phone-In Registration will be accepted for all remaining classes beginning Sept 3 starting at 1:00pm, payment must be made at the time of registration with a VISA, MC or American Express.

Class Descriptions

Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots.

Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4 – 5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth Lessons

We use programs designed by the American Red Cross and modified slightly because we have found it provides a steady progression of swimming classes for youth ages 6-17 that will build skills, teach safety and encourage fitness. We offer a station method of learning where youth progress through a series of levels.

If you are not sure what level your child should be in please sign up for a Level I – III time slot and we will evaluate your swimmer on the first day of class.

Levels I – III is called stroke readiness. When your child receives their first Red Cross card they will be proficient at crawl stroke & back stroke and comfortable in deep water.

Level IV is called Stroke Development and youth learn Elementary Backstroke

Level V is called Stroke Refinement and requires swimmers to be proficient at sidestroke before moving on.

Level VI is called Skill Proficiency and students need to be skilled at breast stroke before moving on.

Level VII is the last level and is called Advanced Skills. Now kids finish up with butterfly and personal safety skills and other rescue techniques.

Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs call 684-4950.

One to One Swimming Lessons

One student: ½ hr. / \$22.00

Two students: ½ hr. / \$32.00

Private lessons are offered Monday, Wednesday & Friday afternoons at 3:00pm or Saturday afternoons at 3:30. Space is limited. Three (3) classes minimum required when signing up. Registration begins during Walk-In Registration on Sept 2.

SPECIAL EVENTS AT THE POOL



Duck Days

Every Friday
in September

Don't let the air out of your summer floatie toys yet! Bring your fun beach toys to the pool **every Friday in September** for our Pool Playland public and family swims and we'll let you play with them in the shallow end.

Dive-In Movie

Adults \$3.25/Youth & Teens \$2.25

Swims will feature youth and family oriented films on "The Big Screen". Enjoy the film as you float around the pool. Bring your best water floats or borrow ours for the night!

Family Features

7:30-9:00PM

Friday, Oct 17

Duck Soup, one of the best Marx Brothers movies!

Friday, Nov 14

Antz, featuring voices of some pretty famous celebs!

Friday, Dec 12

Finding Nemo,

Just released, you'll want to see this one in the water!

Teen Features

7:00-9:00PM

Saturday, Oct 18

Cowboy BeBop

Saturday, Nov 14

Gamera

Musical Feature

7:30-8:30PM

Wednesday, Dec 10

Chicago Part I

Wednesday, Dec 17

Chicago Part II



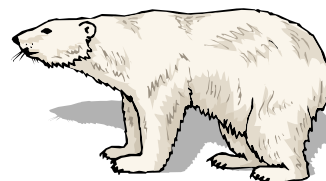
Spook the Pool



Saturday, October 25
6:30-8:00 PM

Youth/Srs., Special Pops \$2.25
Adults \$3.25

Come to the pool for a ghoulish good time! We focus on fun and swimming rather scaring anyone out of their pants. Lots of games and prizes that are fun both in and out of the water! Please remember, any swimmers under 4' or younger than 6 years should be in the water with an adult. We'll end the fun with an apple bob you'll never forget!



Second Annual Polar Bear Swim

Get a fresh start on the new year!

Mathew's Beach Park Thurs, January 1st

Polar Bear Patches will be given to those who brave the waters at high noon. This swim is a Free Family Event hosted by the Meadowbrook Advisory Council. Bring the family for a bracing dip in Lake Washington. Hot refreshments to follow.



POOLPARTY



Super Deluxe Pool Parties... You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and a hour lobby party with help from our "party guards", really cool goodie bags, table cloths, party plates, napkins, forks and juicibox for each child. \$202.00.

Additional participants are only \$8.00 per child.

Times offered: Sundays
beginning at 12:00 noon

Do-it-yourself Parties... Prices start at \$89.50 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$141.50 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for the clean up.

Times offered: Saturdays after 6:30PM and
Sunday beginning at 12:00 noon

For more information please come by or call 684-4989 between 12:00 noon - 8:00 pm Monday - Friday

PASTE IN STEPS TO REGISTER FOR LESSONS

Our special events are fun for the entire family!



End of Summer Bash

Friday, August 22

6:00 pm – 8:30 pm

Free

Join us for an end of summer celebration. Swimming, live music and entertainment, dancing . . . the works! We'll provide the entertainment and the barbecued hotdogs, hamburgers, chips and beverages. You provide the community spirit and pitch in by volunteering and just enjoying the day! It's fun for the whole family.

Live, Local Music at Meadowbrook

September 12, October 10,
November 14, December 12
7:30 pm

Concerts will begin at 7:30 pm and showcase multiple performers from the area. These shows hope to inspire feelings of community and are meant to be intimate gatherings rather than formal recitals. There is a suggested pay-what-you-can donation of \$5-10 to support the musicians and help the series sustain itself.



Dinner and a Movie

1st Friday of the month
Free
6:30 – 8:30 pm
\$2/pizza



Pizza will be provided by Jet City Pizza!

Movies will be shown on the big screen in the gym, bring a pillow.

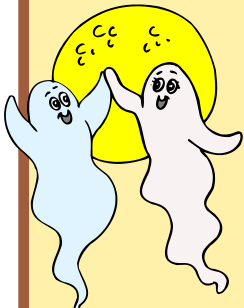
October 3
November 7
December 5

Holes

Fright Night

October 24 6:00 pm – 8:30 pm

The Children's Home Society, North Seattle Family Center, and Meadowbrook Community Center invite you to come and enjoy a frightfully good time for the whole family at the Fright Night celebration. There will be games and food for all ages and for the thrill seekers, there will be a terrifying haunted house. Come and have a great time, if you dare. For more information, call the Family Center at 364-7930.



Lighted Pond Walk

Friday, December 12
7:00 – 8:30 pm

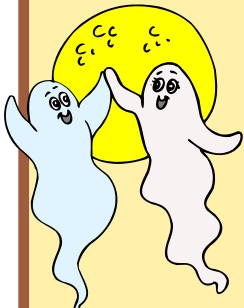
Holiday Spirit abounds in this luminary walk through the paths at the Meadowbrook Pond. Candles provide the only light, the birds and beavers will provide the background noise and car-olers will add to the scene. Rain or Shine!



Tiny Goblins Carnival

October 25 1:30 am – 1:30 pm

Ghosts and goblins, fairies and princesses are all invited to this carnival just for children 5 and under. Scare free fun with games, prizes and treats for everyone! Bounce toy will be available in the Gym.



Argosy Christmas Ship

Saturday, December 20 5:10 pm – 5:40 pm
Matthews Beach NE 93rd & 51st NE

What a way to kick off the holiday season than with hot apple cider or coffee by the bonfire at Matthews Beach. Check out the beautiful parade of boat lights at Matthews Beach during this traditional annual event. For information on sailing aboard an Argosy boat, call Argosy at 206-623-1445.



Please Join Us!

